

**MEDICATIONS NEEDED TO BE STOPPED PRIOR TO THE VISIT (2 PAGES)**

You ***DO NOT*** need to stop asthma, blood pressure, diabetes, ADHD, etc. medications or these:

- ♦ Montelukast (Singulair)
- ♦ Nasal steroids, such as Flonase (fluticasone), Nasacort, Rhinocort, Nasonex, etc.
- ♦ Eye drops
- ♦ PPIs for heartburn/GERD, like omeprazole, Prilosec, Prevacid, Nexium, Protonix, Dexilant, etc.

**ORAL ANTIHISTAMINES**: PLEASE STOP these antihistamines **FIVE (5) days** before visit:

- Allegra
- Benadryl
- cetirizine (Aller-tec, Wal-Zyr)
- Claritin
- Clarinex
- cyproheptadine
- desloratadine
- diphenhydramine
- doxepin
- fexofenadine (Aller-ease, Aller-fex, Wal-Fex)
- hydroxyzine (generic Atarax, Vistaril)
- levocetirizine
- loratadine (Aller-clear, Wal-itin)
- Periactin
- Xyzal
- Zyrtec
- Other over-the-counter allergy and cold preparations, such as Actifed, Contac, Drixoral, Dallery, Dimetapp, Tavist, Tylenol Allergy or Advil. This also applies if any of these are combined with a decongestant, such as Allegra-D or Claritin-D, as well as any OTC medicine ending in “P.M.”.

**NASAL ANTIHISTAMINES** (stop these **3 days** before visit):

- azelastine (Astelin, Astepro)
- Dymista
- olopatadine
- Patanase

**Some heartburn (GERD) medications**: Please stop these **2 days (48 hours)** before the visit:

- cimetidine (Tagamet)
- ranitidine (Zantac)
- nizatidine (Axid)
- famotidine (Pepcid)

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**ASTHMA MEDICATIONS**

If possible, do not take any of the following inhaled medicines for **at least six (6) hours** prior to your visit. Of course, if you are having trouble breathing, please do take them. Continue any other asthma medications not listed here.

- Albuterol (ProAir, Proventil, Ventolin)
- Combivent
- Levalbuterol (Xopenex)
- Duoneb (albuterol + ipratropium)
- Ipratropium

**ANTIDEPRESSANTS, ANTI-ANXIETY, OTHER PSYCHIATRIC MEDICATIONS**

(Discontinue **48 hours** before testing **only** if cleared with prescribing physician)

Alprazolam/Xanax	Effexor/Effexor XR	Paxil
Amitriptyline/Elavil	Elavil	Protiptyline/Triptil/Vivactil
Amoxaine/Ascedin	Imipramine/Tofranil	Prozac
Buspar	Lexapro	Restoril
Clomipramine/Anafranil	Lorazepam/Ativan	Serzone
Clonazepam/Klonoin	Librax	Trazodone/Desyrel
Celexa	Mapotiline/Ludiomil	Trimipramine/Surmontil
Cymbalta	Mirtazapine/Remeron	Welbutrin (Bupropion)
Desipramine/Norpramin	Nefazodone/Serzone	Xanax
Doxepin	Nortriptyline/Aventyl/Pamelor	Zoloft

***If you are on a medication for anxiety or depression that you do not see on the list, please call us to confirm.***